

July Program Highlights

Urbana Senior Center

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The Inside Scoop: Education & Ice Cream

Alzheimer's and Caregiving

The book, "Soaring Above Adversity" by local resident, Bill Bugg, is an account of his experiences as the primary caregiver for his wife who passed away after an 18-year struggle with Alzheimer's. This presentation, by Bill, will focus on the six chapters of his book; each presenting a unique topic but collectively presenting what everyone needs to know and accomplish to be at their best whenever they may become a caregiver.

Date: Tuesday, July 19

Time: 6:00 p.m. **Cost:** Free

Boxed Lunch with Nurse Steve

Bring your friends and enjoy a delicious boxed lunch. Nurse Steve's talk will be "What is gout? An explanation of gout and other arthritis related conditions."

Date: Thursday, July 14

Sign-up by Thursday, July 7

Time: Noon

Cost: \$4.68 (Regular meal cost)

Artful Creations

Create unique and fun art work! This month we will be making suncatchers.

Date: Wednesday, July 13

Sign-up by Thursday, July 6

Time: 1:00 p.m. **Cost:** Donation

Picnic - Brunswick

The Brunswick Senior Center is hosting a picnic for all the Frederick County Senior Centers. Food! Fun! Friends!

Date: Wednesday, July 27

Sign-up by Wednesday, July 20

Time: 11:00 a.m.-1:30 p.m.

Place: Brunswick City Park Building

Cost: \$5.00 (suggested lunch contribution)

Supper Club

Join us for dinner at a local restaurant the first Tuesday of each month. Sign-up is required since we will be making reservations.

Date: Tuesday, July 5

Time: 5:30 p.m. **Cost:** Separate checks

Restaurant: Chubby's Barbeque (Emmitsburg)

July 4th Lunch

(a day late but not a dollar short)

Celebrate Independence Day with us! Menu includes hotdog, baked beans, coleslaw, fruit, and apple pie.



Date: Thursday, July 2

Sign-up by Monday, June 29

Time: Noon

Cost: \$4.68 (Regular meal cost)

30 Day Decluttering Challenge

The idea is simple: identify one thing to get rid of on July 1, two things on July 2, three on July 3... so that by the end of the month you will have recycled, re-gifted, donated to charity or taken to the trash 465 items! Items to consider: clothes, socks, shoes, kitchen items, books, desk drawer items, linen closet items, bathroom and beauty products.

(Yes, there are 31 days in July – you get a pass for July 31!)

(see other side for calendar of activities)